

Iowa Child and Adult Care Food Program

Infant foods tried at home



- Good communication between parents and caregivers is essential for successful infant feeding.
- When babies can hold their necks steady, can sit with support and can hold food in the mouth and then swallow it, they may be ready to start solid foods. Generally this is between 4 to 6 months of age.
- It is important to avoid feeding solid foods until parents have consulted with the baby's doctor and have informed the caregiver. Babies younger than 4 months of age should not be fed solid foods unless authorized by the baby's doctor.

Baby's name _____

Date of birth _____

Parent name(s) _____

A) Foods that my child should not eat due to a food allergy or intolerance.

B) Foods that have been successfully introduced at home.

For younger babies

Additional foods for babies over 8 months (if ready).

Food	Date
Infant cereals	
Rice	_____
Oat	_____
Barley	_____
Strained or pureed cooked fruits and vegetables	
Apples	_____
Apricots	_____
Bananas	_____
Peaches	_____
Pears	_____
Plums	_____
Prunes	_____
Carrots	_____
Green beans	_____
Peas	_____
Potatoes	_____
Squash	_____
Sweet potatoes	_____
Other foods and dates to start	
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Food	Date
Cereal/ bread	
Bread/ toast/rolls	_____
small soft, thin strips	
Biscuits	_____
Graham crackers (no honey)	_____
Saltines	_____
Teething biscuits	_____
Tortilla wheat/corn soft	_____
Juice full strength	
Apple juice	_____
Grape juice	_____
Pear juice	_____
Fruits	
Cherries	_____
small, soft pieces	
Grapes	_____
with no pits or seeds	
Melon	_____
Peach	_____
Vegetables	
Same as listed for babies 4 - 6 mo.	
small cooked soft pieces	
Protein foods	
Beef	_____
soft, moist,	
Cooked dry beans	_____
finely chopped	
Cheese mild thin slices	_____
Chicken	_____
Cooked egg yolk	_____
Cottage cheese	_____
Ham	_____
Tuna	_____
Turkey	_____
Yogurt, plain	_____
Other foods and dates to start:	
_____	_____
_____	_____
_____	_____